



## SHOPPING LIST

### Crumble Topping

**30g** Porridge Oats  
**30g** Plain Flour • **30g** Sugar  
**30g** Margarine

### Muffin

**400g** Self-Raising Flour  
**225g** Granulated Sugar  
**340g** Margarine - melted  
**175ml** Semi Skimmed Milk  
**2x** Eating Apples – grated  
**½ tsp** Ground Cinnamon  
**2x** Eggs

## PLAYER MENU

TEAM:  
KOVACEVIĆ

## Apple and Cinnamon Crumble Muffin

### METHOD

1. To make the crumble topping, rub all the ingredients together to a breadcrumb consistency. Spread the mixture on a tray lined with baking parchment. Bake at 160°C for 15 minutes.
2. Break up any large lumps and set aside to cool.
3. To make the muffins, whisk the milk, eggs and melted margarine together.
4. Add the flour, cinnamon and sugar to the mixture then add the grated apples, careful not to overbeat the mixture.
5. Spoon the mixture into muffin cases and top with the crumble mixture.
6. Bake at 180°C for 30-40 minutes until golden and springy to touch.

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MAKES 12





## SHOPPING LIST

- 1x** White Onion  
– finely diced
- 1x** Carrot – grated
- 2 tsp** Garlic Puree
- 2 tsp** Ground Cumin
- ¾ tsp** Ground Turmeric
- 1 tsp** Ground Coriander
- 1 tsp** Ground Ginger
- ½ tsp** Curry Powder
- 2 tsp** Tomato Puree
- 100ml** Tomato Passata
- 200ml** Coconut Milk
- 10g** Vegetable Bouillon
- 200ml** Water
- 2 tsp** Cornflour
- Pinch** of Salt and Pepper
- 4x** Breaded Chicken Breasts

## PLAYER MENU

TEAM:  
**RIQLAR**  
**Katsu  
Chicken Curry**

## METHOD

1. To make the katsu sauce, fry the diced onions and grated carrot with all the spices on a medium heat until soft.
2. Add tomato puree and water and stir well.
3. Add passata and coconut milk and simmer for 5 minutes.
4. Mix the vegetable bouillon with a small amount of water and add to the saucepan.
5. Add the cornflour to thicken the mixture to a dip-like consistency.
6. If you have a stick blender, you could blend the sauce to a smoother consistency should you prefer.
7. Meanwhile, cook the breaded chicken according to packet instructions.
8. Serve the katsu sauce with steamed rice, sliced breaded chicken and salad or a zingy slaw!

**SERVES 4**

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## SHOPPING LIST

- 600g** Sweet Potatoes
- 25ml** Vegetable Oil
- 1x** White Onion  
- finely diced
- 1x** Tin of Mixed Beans
- 1 tsp** Garlic Puree
- 80g** Tomato Puree
- ½ tsp** Smoked Paprika
- 300ml** Water
- 20ml** Lemon Juice
- 35g** Brown Sugar
- ½ tsp** Dried Mixed Herbs
- 50g** Cheddar Cheese  
- grated
- Pinch** of Salt and Pepper

## PLAYER MENU

TEAM:

**MAKAMA**

## Loaded Sweet Potato Wedges

### METHOD

1. In a pan gently fry the onions and garlic puree. Cook for one minute.
2. Add tomato puree, smoked paprika, lemon juice, brown sugar and mixed herbs and bring to the boil.
3. Add the water and mixed beans and simmer for 10 minutes or until thickened.
4. To make the wedges, wash the sweet potatoes and cut into small wedges. Place the wedges on a lined baking sheet and lightly brush with oil. Bake at 180°C for 20-30 minutes until lightly golden.
5. Serve the sweet potato wedges topped with the BBQ Mixed Beans and top with grated cheese.
6. Serve with mixed salad and enjoy!

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**SERVES 4**

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